



Friendship Heights

VILLAGE NEWS



SEPTEMBER 2012

301-656-2797

VOLUME 27, NO. 4



Newseum
page 3

Washington National Opera's thrilling *Don Giovanni*

Join us for a night at the opera when we attend a performance of the WNO's *Don Giovanni*, on **Monday, Oct. 1**, at the Kennedy Center.

Mozart's *Don Giovanni* is considered by many to be one of the greatest operas ever composed. It is the tale of the legendary rake Don Juan who seduces thousands of women. When his antics turn fatal, the discarded women seek revenge. Powerhouse Russian bass Ildar Abdrazakov will appear in

the title role of this darkly passionate production and WNO Music Director Philippe Auguin will conduct.

We will leave the Village Center at 6 p.m. and return around 11 p.m. The cost, which includes a seat in the Orchestra (at a 20 percent discount), transportation, and driver gratuity, is \$125. Residents and one guest may sign up immediately; nonresidents may sign up Sept. 10. There are 24 spaces available.



Taste of Friendship Heights: Sept. 29



The sixth annual Taste of Friendship Heights, featuring tastings from local restaurants, is scheduled for **Saturday, September 29, 12 p.m. to 5 p.m.**, (rain or shine) at the Village Center.

Organized by the Friendship Heights Village Council,

the Taste of Friendship Heights will showcase some of the area's premier restaurants, including Capital Grille, Courtyard by Marriott, Frosting Cupcakery, Indique Heights, Lia's, Maggiano's, P.F. Chang's, Potomac Pizza, Rosa Mexi-

cano, Sunrise Brighton Gardens, and Whole Foods.

Attendees can purchase food and drink tickets (\$5 for 4 tickets), and no food or drink item will cost more than 3-4 tickets. A portion of the proceeds will be donated to the Community Council for the Homeless at Friendship Place.

Sam Solovey of Long & Foster is the primary sponsor of the event. Other sponsors and contributors to the event are American University, Capital One Bank, Chevy Chase Florist, Coca-Cola, Eagle Bank, Language Stars, Nancy Mellon Realty, TTR Sotheby's, and Wisconsin Place. Entertainment at the event includes live music, moon bounce, clown and face painting. The American University basketball team will be on site to shoot hoops with kids and give away prizes.

New this year is a raffle of donations from various restaurants. They include a dinner for two from Sushi-Ko, certificates from Chipotle, Cosi, Friendship Gourmet, Maggiano's and more. Find information about acquiring raffle tickets at the event. Also, Lia's and Whole Foods will feature live food demonstrations during the event.

More information is available at www.tasteoffriendshipheights.com.

Try a demo class!

This month Village exercise instructors will offer one free demonstration class before their sessions begin. Try something new and see if it's right for you before you register. See pages 10 and 11, for dates and descriptions. Refunds will not be given after classes begin.

The boom box

Attention baby boomers! Look for a new feature in our newsletter with ideas especially for Villagers between the ages of 48 and 65. Here's one to get started: if you work downtown and would like to attend the Sept. 20 performance of *Black Watch* at the Shakespeare Theatre without coming home first, consider picking up your ticket here at the Center beforehand, meeting us at the theater, and then riding home on the bus with us. Even better, find some other boomers to join you! Details about the play can be found elsewhere in this issue of the Village News.



Check out the Newseum

The world's greatest news stories are right at your fingertips when we visit the Newseum on **Thursday, Sept. 13**. Don't miss the opportunity to explore the *world's most interactive museum*, which features 15 theaters and 14 galleries in its seven-level building. The Today's Front Page Gallery presents front pages from more than 80 international papers. The Newseum's Berlin Wall Gallery includes the largest display of sections of the Berlin Wall outside of Germany. Visitors to the Newseum get the chance to play reporter, TV journalist, researcher or editor. In the Interactive Newsroom, you can test your skills as a reporter using interactive kiosks. You even get the chance to give a live news update on camera. Throughout this news museum are history of news and newsgathering, of freedoms associated with the press, and of the courageous reporters who

continued on page 3

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Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the October issue is September 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Newseum, continued from page 2

brought historic events to the people through the power of the press.

We'll depart from the Village Center at 10 a.m. and take the short drive downtown to the Newseum. You'll be on your own to explore the museum at your leisure. This allows you to view the exhibits at your own pace. Lunch is on your own. You may choose to grab a quick bite at The Food Section, the Newseum's food court or The Source, Wolfgang Puck's fine dining restaurant in the Newseum. In addition to a vast array of gourmet starters, entrees and desserts, The Source also offers a \$40 prix fixe luncheon special.

You'll also have plenty of time to view additional exhibits such as Blood and Ink: Front Pages from the Civil War, Every Four Years: Presidential Campaigns and the Press, and G-Men and Journalists. The cost of the trip, which includes round-trip transportation and admission to the Newseum, is \$39.

Sign up immediately at the Village Center. The deadline to sign up is Sept. 6.

Please note that while the tour is self-guided, this trip may require a lot of walking.

Black Watch at the Shakespeare Theatre

Join us for an evening of remarkable theater when we attend the National Theatre of Scotland's production of *Black Watch* at the Shakespeare Theatre Company's Harman Hall on **Thursday, Sept. 20.**

Critics have described *Black Watch* as the theatrical event of the year and Ben Brantley wrote that it is "...one of the most richly human works of art to have emerged from this long-lived war." Written by Gregory Burke, the play is based on extensive interviews with real members of the Black Watch.

Tickets to *Black Watch* are only available to STC season subscribers. This is a great opportunity to see what Newsweek has called "a cultural landmark of the 21st century." We will leave the Village Center at 7 p.m. and return around 11 p.m. The cost, which includes a seat in Center Orchestra (at a 20 percent discount), transportation and driver gratuity, is \$59. The play contains strong language and is not appropriate for children under thirteen.





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Germany: Europe's new superpower

Ambassador William Bodde, Jr. will discuss how Germany became a



prosperous, powerful and dominant European economic power – and what it means for the U.S., and the world – at the Village

Center on **Thursday, Sept. 27, at 7:30 p.m.**

Less than 70 years ago Germany was a vanquished and divided country. It had lost one-third of its territory and millions of its population as a consequence of the war Adolf Hitler had visited upon the world. Yet six decades later Germany has become a superpower.

It has been just 20 years since Germany was reunited and an obscure East German scientist, Angela Merkel, entered politics. In 2005, against all

odds, she was elected Chancellor of the Federal Republic and became the most powerful woman in the world.

Ambassador Bodde was a U.S. Foreign Service Officer from 1962 to 1994. He served as an Ambassador under Presidents Carter, George H. W. Bush, and Clinton, and as Deputy Assistant Secretary of State for European and Canadian Affairs under President Reagan. Please call 301-656-2797 to reserve a seat.

Is this a harmless headache – or do I need a neurologist?

Most people have occasional headaches. However, if they become frequent or are accompanied by vision changes or weakness, you might need a neurological evaluation. Learn about the symptoms, latest research and treatments from neurologist Dr. Saher Rizvi at this month's Suburban Lecture at the Village Center on **Wednesday, Sept. 12, at 1 p.m.**

There is no cost for the talk, but **please call** 301-656-2797 to let us know if you plan to attend.

The Village Book Club will meet this month on **Tuesday, Sept. 18, at 11 a.m.** The book selection is *Year of Wonders* by Geraldine Brooks.

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Improving health and well being

Dr. Saralyn Mark, a pioneer and leader in women's health, will discuss her book, *Stellar Medicine: A Journey Through the Universe of Women's Health*, at the Village Center on **Thursday, Oct. 4, at 7:30 p.m.**

Dr. Mark, an endocrinologist, geriatrician, and women's health specialist, was the first Senior Medical Advisor to the Office on Women's Health within the Department of Health and Human Services and the National Aeronautics and Space Administration (NASA). Her book offers advice

to both men and women on living a balanced life and maintaining wellness even in times of stress. Topics range from space medicine to women's choices and lifestyles to challenges facing veterans coming home from the war.

Copies of the book will be available for purchase. Please sign up by calling 301-656-2797.

Tea and talk: The nation's capital and WWII

Carol Bessette, will discuss Washington, D.C. during World War II at the Village Center on **Friday, Sept. 21, at 2 p.m.**

The Washington of sixty years ago had to adapt to the tremendous influx of military personnel, contractors, and "government girls." Where did they live, work, and socialize? What role did the government buildings that we see today play during this tumultuous period? Come and relive the stories you may have heard about this period—or your own personal memories!

Ms. Bessette is a retired Air Force intelligence officer, a Certified Master Tour Guide in Washington, D. C., and a frequent lecturer on Washington history. This is her third lecture at the Center. After the program please stay for tea. Call 301-656-2797 to reserve a seat.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Sept. 6, 7 p.m.: Movie — *My Week with Marilyn* — Based on the famously missing chapter in Colin Clark's memoir *The Prince, the Showgirl and Me*, *My Week with Marilyn* reveals the enchanted week that the then-lowly production assistant spent with the most famous celebrity of the era during the production of the classic 1957 comedy romance *The Prince and the Showgirl*. Rated R. Running Time: 101 minutes.

Thursday, Sept. 13, 7 p.m. — Cafe Muse— see page 14 for details.

Thursday, Sept. 20, 7 p.m.: Movie — *Beginners*— A new love floods Oliver with memories of his father who –

following 44 years of marriage – came out of the closet at age 75 to live a full, energized, and wonderfully tumultuous gay life. Rated R. Running Time: 104 minutes.

Thursday, Sept. 27, 7 p.m. — Ambassador William Bodde, Jr. — see page 4 for details.

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Insight into Determinants of
Exceptional Aging and Longevity

Looking to Exceptional Agers to Help Unlock the Secrets for a Long, Healthy Life

Researchers from the National Institute on Aging want to know why some people live in excellent health into their 80's, 90's and older while others face failing health much sooner. To unlock the secret of exceptional aging, researchers are recruiting healthy, active seniors 80 years and older into the **IDEAL Study**. The "exceptional agers" who qualify for the IDEAL study can walk a quarter of a mile unassisted without pain or shortness of breath, have no significant memory loss or cognitive impairment, and have no serious medical conditions. IDEAL study participants will become part of the longstanding Baltimore Longitudinal Study of Aging (BLSA). Each year they will go to Harbor Hospital for a complete physical and cognitive assessment. If conditions change, the annual assessment can be done in the participant's home as well.

Dr Ferrucci, the principal investigator of the study, says, "...we hope to identify the mechanisms that are critical for exceptional aging and longevity. In the future, these mechanisms could be enhanced, therefore allowing many more people to be healthy and productive up to very late in their life." These volunteers will be making an enormously important contribution to our knowledge about aging. It is a generous legacy to those who come after.

If you or someone you know might qualify as an exceptional ager you can email IDEAL@westat.com for more information. If you are interested in participating in the IDEAL Study, call toll-free 1-855-80 IDEAL (1-855-804-3325) to see if you qualify.



National Institute on Aging
National Institutes of Health

ART and CULTURE

Potomac artists to exhibit in Friendship Gallery

Members of the Art Gallery of Potomac will exhibit in the Friendship Gallery during the month of September.

Recently relocated in the Potomac Village shopping center, the gallery includes ten artists with diverse training, styles and ethnic backgrounds, resulting in a rich breadth of artistic work. The mission of the artists is to use the visual arts for benefit and cultural enrichment of the commu-

nity. One of the group's past public art and fundraising projects was "Ponymania," 10 unique, life-sized Painted Pony sculptures placed on display at locations throughout Potomac in 2004 and 2005. The theme of this show is water.

The show runs from Sept. 1 to 29. All are invited to a reception to meet the artists on **Sunday, Sept. 9, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.



Carol Dyer and Dot Procter are members of the Art Gallery of Potomac



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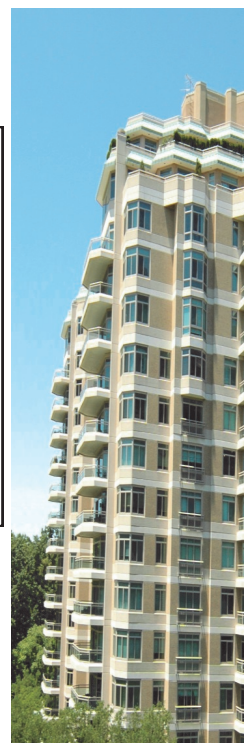
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Friendship Heights
Village Center



Calendar
of Events 2012

S E P T E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Can you spare a few hours?

The Friendship Heights Village Center is looking for residents who are interested in volunteering to help out at the Village Center. Volunteers are needed on an on-call basis to answer phones and help with administrative duties at the front desk. Please contact Village Manager Julian Mansfield at 301-656-2797 or email jmansfield@friendshipheightsmd.gov.



2 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	3 Labor Day Center Open 9 a.m. to 2 p.m. Shuttle Bus runs on weekend schedule 10 a.m.: Great Books	4 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination free demo 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates free demo	5 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise free demo 7:30 p.m.: Concert: Hai-Bo Bai and Virginia Lum	6 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji free demo 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chair Yoga free demo 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: My Week with Marilyn	7 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl free demo	8 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography
9 9 a.m.: Yoga free demo 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	10 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya free demo 2:30 p.m.: Acrylic or Oil Painting 8 P.M.: Friendship Heights Council Meeting 7 p.m.: Yoga free demo	11 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	12 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: "Is This a Harmless Headache?" 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 6 p.m.: Yoga for Runners 7:30 p.m.: Concert: Machaya Klezmer	13 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Depart for Newseum 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chair Yoga 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse	14 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	15 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography
16 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	17 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting	18 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	19 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 6 p.m.: Yoga for Runners 7:30 p.m.: Tales in the Village: Storytelling Network	20 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Group 1 p.m.: Chair Yoga 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Beginners 7 p.m.: Depart for Black Watch	21 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 2 p.m.: Tea and Talk: Washington During World War II	22 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography 12 p.m.: Landon Symphonette
23 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	24 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 10 a.m. – 2 p.m.: MVA Bus 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga	25 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist No Pilates class	26 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Health Insurance Counseling 6 p.m.: Yoga for Runners No Concert Yom Kippur	27 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chair Yoga 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Germany: Europe's New Superpower	28 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	29 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography 12 – 5 p.m.: Taste of Friendship Heights 
30 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers						

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.



Shredding
Truck Returns to
Friendship Heights

Tuesday, October 23
5 to 7 p.m.



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

ART

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins Sept. 10. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends Nov. 19 (class will not meet Oct. 8).

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskel, begins Sept. 20. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends Nov. 29. Minimum number of students is 10; maximum is 14.

BASIC PHOTOGRAPHY

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins Sept. 8. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. The final product of the class is the preparation of a beginning portfolio of photographs. Students must bring a camera to class; digital cameras are preferred. If you don't own one, you may use what you have and process the film on your own. The last class is Nov. 3 (class will not meet Oct. 6).

MULTI MEDIA ARTS WORKSHOPS

A 6-week course, taught by artist and Village art curator Millie Shott, begins Oct. 12. Meets Fridays from 1 to 3 p.m. Students will work and experiment with colored inks, collage, print making, and liquid acrylics. No prior knowledge required - have fun with these different medias! All supplies are furnished; a \$10 material fee is included in fee. Cost is \$80. Session ends Nov. 16. Minimum number of students is 4; maximum number is 10.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Sept. 12. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is Oct. 24 (class will not meet on Sept. 26).

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Sept. 13. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch - brown bag only). The cost is \$155 for residents; \$165 for nonresidents. Last class is Nov. 15. Maximum number of students is 14.

BRIDGE

INTERMEDIATE BRIDGE

This 7-week series taught by Frank Shull, a life master at bridge, begins Oct. 10. Meets Wednesdays from 4:30 to 6:30 p.m. Students will learn the following bridge challenges: counting winners and entries in no trump; counting losers and drawing trump; promotion in suits and no trump; using length in suit and no trump; planning to win the finesse; dummy points and trumping in dummy; discarding losers. Call Frank with questions at 301-520-9968. The cost is \$105 for residents; \$110 for nonresidents. Session ends November 28 (class will not meet Nov. 21). Minimum class size is 8 students; maximum is 16.

COMPOSITION STRATEGIES FOR WRITING IN POETIC FORMS

This 4-week series taught by poet and librettist Karren LaLonde Alenier, Chair of The Word Works and creator of the Café Muse Literary Series at the Village Center, begins Oct. 7. Meets Sundays from 11:30 a.m. to 1 p.m. Have fun shaping your words using such poetic forms as sonnet, pantoum, ghazal, and parable. Students will look at the work of some notable poets using these forms, discuss strategies, write their own, and workshop the new poems. Some poetic writing experience is helpful but not required. The cost is \$80. Last class is Oct. 28. Minimum class size is 5 students; maximum is 12.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 6-week class begins Sept. 11. Meets Tuesdays, from 1 to 1:50 p.m. The class

will focus on simple exercises that improve overall balance. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 23 (class will not meet Oct. 16). Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Maximum number of students is 15.

A free demonstration class will be held Sept. 4, at 1 p.m.

CHAIR EXERCISE

This 6-week class begins Sept. 12. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 24 (class will not meet Oct. 17). **A free demonstration class will be held Sept. 5, at 11 a.m.**

CHAIR YOGA/MEDITATION

Move your body, deepen your breath, and calm your mind. This 6-week class begins Sept. 13 and will focus on using movement and meditation to enhance physical and mental ease. Meets Thursdays from 1 to 2 p.m. Cost is \$70 for residents; \$75 for nonresidents. Wear non-restrictive clothing for sitting comfortably in a chair. Instructor Kathryn Chiariello is a certified Kripalu Yoga teacher. Minimum number of students is 4; maximum is 10. Last class is Oct. 18. **A free demonstration class will be held Sept. 6 at 1 p.m.**

MAT PILATES

The 6-week session begins Sept. 11. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up for this course; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a

Pilates/Yoga mat and bath towel. Minimum number is 10. Questions? Email Giingerrusteach@yahoo.com. Session ends Oct. 23 (class will not meet Sept. 25). **A free demonstration class will be held Sept. 4, at 7 p.m.**

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Sept. 14. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 26 (class will not meet Oct. 5). **A free demonstration class will be held Sept. 7, at 10:30 a.m.**

STRENGTH TRAINING WITH TONYA

This 6-week class begins Sept. 17. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 29 (class will not meet Oct. 15). **A free demonstration class will be held Sept. 10, at 1 p.m.**

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Thomas Johnson, begins Sept. 13. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Oct. 18. **A free demonstration class will be held Thurs., Sept. 6, at 9:30 a.m. for both Tuesday and Thursday students.**

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins Sept. 11. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Oct. 16. **A free demonstration class will be held Thurs., Sept. 6, at 9:30 a.m. for both Tuesday and Thursday students.**

YOGA (Day)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 23. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$122 for residents; \$129 for nonresidents. Session ends Dec. 16 (class will not meet Oct. 7, Nov. 11 and 25). **A free demonstration class will be held Sept. 9 at 9 a.m.**

YOGA (Evening)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 24. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$122 for residents; \$129 for nonresidents. Session ends Dec. 17 (class will not meet Oct. 8, Nov. 12 and 26). **A free demonstration class will be held Sept. 10 at 7 p.m.**

YOGA FOR RUNNERS

This 6-week class will shine attention on areas of the body that runners should nurture, but all yoga students are welcome. Meets Wednesdays from 6-7pm. and begins Sept. 12. Cost is \$70 for residents, \$75 for non-residents. In this class we will encourage focus, flexibility and recovery as complements to your training. Bring a playful attitude and a yoga mat and be prepared to work and relax. Teacher Kathryn Chiariello is an experienced marathoner and certified yoga teacher. Session ends Oct. 17. Maximum number is 10.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays

Continued on page 14



CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Sept. 5 — Hai-Bo Bai and Virginia Lum

— Hai-Bo Bai, lyric soprano, was born in China, and received degrees from the Tianjin Conservatory and the Curtis Institute of Music. She has appeared in concert and operas throughout China, the U.S., and Canada, with special appearances at New York's Lincoln Center, and The Kennedy Center. First prize winner in the Tianjin Cup of Hope and National Competitions of China, Hai Bo has repeatedly won critical acclaim for her stunning portrayals of Mimi in *La Boheme*, Cio-Cio-San in *Madame Butterfly*, and Countess Almaviva in *Le Nozze de Figaro*, and more! Also a renowned educator, she maintains teaching studios in the United States and China. Ginnie Lum, graduate of Juilliard (Bachelor's, Masters), and Georgetown U. Law School, made her debut with the Honolulu Symphony Orchestra at age 8, and has been frequent guest soloist with the St. Louis, Baltimore, Honolulu, Westchester, Arlington, and Alexandria Symphonies. She made acclaimed debuts at the Phillips Gallery in DC, Merkin Hall (NYC), and Carnegie Hall, as guest soloist with P.D.Q. Bach, performing the World Premiere of Peter Schickele's "Sonata Inamorata," honoring the New York Philharmonic.

Wednesday, Sept. 12 — Machaya Klezmer — One of the premier klezmer bands in the country, Machaya Klezmer features Susan Jones, Barbara Hess and Jay McCrensky. The word Klezmer comes from two Hebrew words, *clay* and *zimmer*, meaning vessel of music or song. The idea is that the instrument, i.e., the violin, clarinet, takes on human characteristics like laughing and crying with a joyous exuberance or a soulful wailing.

Klezmer music was a product of Eastern European Yiddish Culture, which the Jewish immigrants brought with them to the United States in the 1880s. Klezmer musicians (also called Klezmorim) were an informal group of musicians. Many were itinerants who went from village to village in Eastern Europe. They played traditional music, folk songs, folk dances and solemn hymns before prayers.

Wednesday, Sept. 19 — Tales in the Village presents A Storytelling Sampler

— This monthly event returns after a summer hiatus to bring five storytellers to celebrate the diversity and difference in both contemporary and traditional tales. The event is produced by Ellouise Schoettler, a storyteller from Bethesda and host of *Stories in Time* on Montgomery Municipal Cable TV.

Wednesday, Sept. 26 — YOM KIPPUR — NO CONCERT

Landon Symphonette returns

The Symphonette at Landon School teams some of the Washington area's finest young musicians with professionals in the community for a delightful afternoon of music on **Saturday, Sept. 22**. The concert begins at noon at the Friendship Heights Village Center. The program, which features string ensemble works of the Baroque and Classical Eras, will be conducted by Paul Scimonelli, Stephen Czarkowski and Earl E. Jackson. There is no charge for this performance, but please call the Village Center at 301-656-2797 if you plan to attend.

Vision Support Group: Learn about NGA accessible tours

Degas, Monet, Rembrandt, and Georgia O'Keefe gave us magnificent art. But did you know they all had severe and progressive vision loss? Village residents live just a few miles from the National Gallery of Art, but many may believe that they can no longer enjoy the treasures and exhibits because of low vision. Think again!

Come to the Vision Support Lunch and Learn group at the Village Center on **Thursday, Sept. 20, at 12:30 p.m.**, and meet Wilford Scott, head of the

NGA Dept. of Adult Programs and the spark that ignited "descriptive tours." The tour of works by the masters of western painting and sculpture is conducted monthly in the west building and endeavors to make collections more accessible to adult visitors with limited vision. Using detailed description of the selected works of art, lecturers engage the audience in discussions of the various ways artists rely on gestures, facial expression, the arrangement of figures and other objects

within compositions, and color and design to communicate. Come and learn about the tours and teaching methods that enhance the descriptive art experience for all - including those who join the tour and are not vision impaired.

The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Remember you don't have to have poor sight to participate. Register to reserve a light lunch by calling 301-656-2797.



TO YOUR HEALTH

Stay on your feet!

Fall Prevention Awareness Week is Sept. 22 – 28. It is estimated that in this country one third of people older than 65 and one half of seniors over the age of 80 will fall each year. Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. Most falls are preventable. Below are some valuable tips from the Mayo Clinic and www.stopfalls.org:

- Keep stairs and walkways clear by removing objects that you could trip over; secure or remove loose rugs; clean up spilled liquids right away; keep tables and plant stands out of high-traffic areas; be aware of uneven surfaces. Keep frequently used items close by so you don't have to reach high or bend low.
- Keep your home brightly lit to avoid tripping; place nightlights in the bedroom, bathroom and hallways; make sure a lamp is within reach of your bed; make clear paths to light switches that aren't near room entrances; consider light switches that glow in the dark.
- Bathrooms can be especially dangerous. Put grab bars near the toilet and in the shower and non-skid strips in the bathtub. A raised toilet seat and a sturdy plastic seat for the shower plus a hand-held shower nozzle are all good ideas.
- Wear sensible shoes. High heels, floppy slippers, and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet.
- Ask your doctor to review your medications for side effects and interactions that may increase your risk of falling. Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss dizziness, joint pain, numbness or shortness of breath when you walk.

- Physical activity can go a long way toward fall prevention. With your doctor's okay, consider activities such as walking, water workouts, or gentle exercise. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

Fight the flu!

The MedStar Health Visiting Nurses Association will administer flu shots at the Village Center on **Friday, Oct. 5, from 10 a.m. to 2 p.m.**, to anyone nine years old and older.

This season's flu vaccine will protect against three different flu viruses: an H3N2 virus, influenza B virus and the H1N1 virus that caused so much illness two seasons ago. The high-dose version for people 65 and older (Fluzone HD) will be offered again and is covered by Medicare. This dosage is double that of the regular flu shot to give more protection and build greater immunity. The flu mist (nasal spray) is available for individuals who are under age fifty and healthy with no underlining medical conditions (like asthma or low immune system). Standard flu shots, of course, are available also. Pneumonia shots will be available too—check with your doctor to see if you need one. Please **specify at sign-up if you want the Fluzone HD or flu mist** (ask your doctor if you have questions about these versions of the vaccine **before** you sign up).

* Cost is \$30 for the flu mist and the standard shots (cash or check payable to VNA Flu Program). Fluzone HD is \$55 for individuals without Medicare Part B. Pneumonia vaccine is \$90 for individuals without Medicare Part B.

* No charge for individuals with Medicare Part B (non-HMO) – but you must bring your card.

* VNA does not accept Medicaid.

Registration is a must. Call 301-656-2797 to register. Village residents may register immediately; nonresidents may sign up Sept. 21. **You must have an appointment to receive a shot.**

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Cafe Muse presents...

This month's Café Muse, on **Thursday, Sept. 13, at 7 p.m.**, presents poets Renee Ashley and Ellen Cole, with tribute to Ed Cox.

Renee Ashley is the author of four volumes of poetry, including *Basic Heart*, which won the X. J. Kennedy Poetry Prize. She has been awarded a Great Lakes Colleges Association New Writers Award, a Pushcart Prize, a Kenyon Review Award for Literary Excellence, the Charles Angoff Award, an American Literary Review Poetry Prize, the Chelsea Poetry Award, and the Robert H. Winner Award and the Ruth Lake Memorial Award from the Poetry Society of America, as well as fellowships from the New Jersey State Council on the Arts and the NEA.

Ellen Aronofsky Cole's new chapbook is *Prognosis*. Her poems have appeared in the *Potomac Review*, *The Innisfree Poetry Journal*, *Ars Poetica.com*, and in Paper Kite Press's anthology, *poem, home*.

Ed Cox taught poetry workshops for senior citizens, was an anti-war activist, and an advocate for social change. Except for four years in the US Navy, during which, he served in Japan, he spent his entire life in DC, working mostly as an administrator at public interest organizations such as Common Cause, the Indochina Refugee Action Center, the National Center for Urban Ethnic Affairs, and the United Nations High Commissioner for Refugees.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit www.wordworksdc.com.

Classes and Clubs, continued from page 11

from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually

continued on page 15

"We refer friends and family to the National Capital Bank all the time."

Brothers, Melvin and Deacon Ira

Melvin and Deacon Ira were raised on Capitol Hill. Melvin says, "I can still recall our mother taking us to the National Capital Bank during WWII to open savings accounts." Decades later, Ira says they're still customers, "Because the bank and its employees have always treated us like family."

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Classes and Clubs, continued from page 14

taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 4 p.m. All are welcome for bridge or bridge plus (duplicate bridge); cards will be supplied. Contact Nancy White at 301-652-4119 for more information.

VILLAGE PLAY TIME

Children of all ages are welcome to play together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend,

or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

Sunrise Spirit Week!

Enrich your mind, body and spirit with Sunrise!

Stop by Brighton Gardens of Friendship Heights during **National Assisted Living Week**, September 9-15, and celebrate the mind, body and spirit.

- **Grandparents Day** - Sunday, September 9: Celebrate Grandparents Day with your children and grandchildren. Fun activities and special treats! 2:00 p.m. to 4:00 p.m.
- **Music Appreciation** - Monday, September 10: An informative discussion led by Dr. Richard Slocum. 6:30 p.m. to 7:30 p.m.
- **Tai Chi Demonstration** - Tuesday, September 11: Educational demonstration by professional instructor Alexander King. Healthy and wholesome snacks to follow. 2:00 p.m. to 3:00 p.m.
- **Garden Club Demonstration** - Wednesday, September 12: Join our volunteer Master Gardeners and resident Garden Club members as they create lavender oil from plants grown in the community garden. Fresh-squeezed lemonade will be served. 1:00 p.m. to 2:00 p.m.
- **Music Performance** - Thursday, September 13: Join our residents as they dance and sing to the sounds of everybody's favorite duo, "American Songbook"! Refreshments will be served. 7:00 p.m. to 8:00 p.m.
- **Special Guest Lecture** - Friday, September 14: A slide exhibit presented by Dr. Myrna Teck, entitled "The Art of Jewish Life." 2:00 p.m. to 3:00 p.m.

▪ **Please R.S.V.P. to our front desk for all programs** ▪



Assisted Living — Alzheimer's Care

Village Council Corner

Center participates in National Prescription Drug Take-Back Day

At Councilmember Maurice Trebach's suggestion, the Village Center will be a host site for National Prescription Drug Take-Back Day on **Saturday, September 29, from 10 a.m. to 2 p.m.** A Montgomery County Police officer will be here to collect and safely dispose of your unwanted or expired prescription drugs. This will be on the same day as our Taste of Friendship Heights event (see page one), so you can drop off your pills and go straight to the Taste!

The prescription drug take-back program, sponsored by the Drug Enforcement Administration, addresses a vital public safety and public health issue. Medicines in home



cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high—more Americans currently abuse prescription drugs than those who use cocaine,



hallucinogens, and heroin combined, according to the 2010 National Survey on Drug Use and Health. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

Enjoy the Taste of Friendship Heights and drop off unwanted prescription drugs at the Center on September 29.

Photo by Joel Williams

The Council took the following actions at the August 13 public meeting:

- Renewed membership in the MD Municipal League;
- Appointed Patricia Bautz to serve on the Program Advisory Committee.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815



Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

September 2012 events calendar